

Desserts

Old Fashioned Bread Pudding

Serves 9

- 10 slices whole wheat bread
- 1 egg
- 3 egg whites
- 1 1/2 cups skim milk
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 2 tsp sugar

Apple Raisin Sauce

- 1 1/4 cups apple juice
- 1/2 cup apple butter
- 2 tbsp molasses
- 1/2 cup raisins
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp orange zest (optional)
- Stir all the ingredients together in a medium saucepan. Bring to a simmer over low heat. Let the sauce simmer 5 minutes. Serve warm.
- Makes 2 cups.

Nutritional Analysis

calories: 233
total fat: 3 g
saturated fat: 1 g
carbohydrates: 46 g
protein: 7 g
cholesterol: 24 mg
sodium: 252 mg
dietary fiber: 3

Preheat the oven to 350 degrees F. Spray an 8-inch x 8-inch baking dish with vegetable oil spray. Lay the slices of bread in the baking dish in two rows, overlapping them like shingles.

In a medium mixing bowl, beat together the egg, egg whites, milk, 1/4 cup sugar, brown sugar, and vanilla. Pour the egg mixture over the bread.

In a small bowl, stir together the cinnamon, nutmeg, cloves, and 2 tsp sugar. Sprinkle the spiced sugar over the bread pudding. Bake the pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch.

Healthy Cooking Tip

- Use low fat (1% or 2%) or nonfat/skim milk instead of whole milk.
- When baking or cooking, use 3 egg whites and 1 yolk instead of 2 whole eggs, and 2 egg whites instead of 1 whole egg.

Serve warm or at room temperature, with warm apple-raisin sauce.